

WINNIPEG
metro



NEWS WORTH SHARING.


Customer Appreciation Year End Sales Event





\$2899 ONLY!!
Installation included
 • Lowest price of the year!
 Don't wait, Call now!
1 Year No Interest No Payment Plan Available!

\$1/DAY Financing Available Now!

Call Us Now!

204-951-3073
1-888-829-1875

Public dollars and scents

Israeli PM under fire for spending taxpayer funds on extravagant items — including \$1,700 for candles **PAGE 8**

Our drone operators are standing by

Amazon sets sites on unmanned delivery men **PAGE 9**

Earn Your Legal Assistant Diploma in 10 Months or Less

HERZING COLLEGE
204 775 8175



Call us today and start your new career path now!

723 Portage Avenue
www.herzing.ca/winnipeg



AN EMPIRE STATEMENT

Jets goalie Ondrej Pavelec makes a save in the first period of the Jets' big 5-2 win over the New York Rangers at Madison Square Garden on Monday night. See story, page 17. KATHY WILLENS/THE ASSOCIATED PRESS

Tory leader asks 'infidel atheists' for forgiveness

Seasons greetings.

Insult or just a joke? Brian Pallister defends use of the word while apologizing for using it

Manitoba's Opposition leader has offered his holiday wishes to "infidel atheists," leaving online commentators divided as to whether the phrase was insulting or an awkward attempt at humour.

Brian Pallister gave an impromptu holiday message last week to a citizen journalist armed with a video camera. In the recording, which has thousands of views on YouTube, Pallister offers seasonal greetings to Christians, Jews and others.

"All you infidel atheists out there, I want to wish you the

Defiant in defining

"I used a word that means what it means."

Brian Pallister, Progressive Conservative leader of Manitoba

very best also," the Progressive Conservative leader says on the video. "I don't know what you celebrate during the holiday season. I myself celebrate the birth of Christ, but it's your choice, and I respect your choice. If you wish to celebrate nothing and just get together with friends, that's good too."

The video was viewed thousands of times over the weekend, spawning a wide range of reaction.

"Merry Christmas to you, from one infidel atheist to a bigoted 'Christian.' Judge not lest ye be judged," read one comment on Twitter.

Others characterized the message as a clumsy attempt at humour and pointed out that Pallister's use of the word is backed by some dictionaries, which define infidel as someone who either does not believe in a particular religion or holds no religious belief.

Pallister asked for forgiveness Monday while defending his use of the word "infidel."

"I'd just ask people in Manitoba, I hope, to forgive me at this time of year if they think I stepped on their toes, but I didn't. I sincerely just meant to include everyone in my best wishes."

THE CANADIAN PRESS



PRAIRIE 360
 SKYLINE RESTAURANT & LOUNGE

Come see Winnipeg.

www.prairie360.ca | 204-505-2680 | 83 Garry Street | Facebook | Twitter

Light up the season.

Get the brightest smartphones from \$0.*

On a 2 year TELUS SharePlus Plan.



BlackBerry® Z30

HTC One™

Nokia Lumia 1020

Save with a TELUS SharePlus Plan by:

- Sharing a single pool of data† across multiple devices
- Adding a line starting from \$35/month
- Getting unlimited nationwide talk & text*

Switch to the best customer service on
Canada's most reliable 4G mobile network.**

Learn more at telus.com

 **TELUS**
the future is friendly™

For more details, visit your TELUS store, authorized dealer or retailer, or call 1-866-264-2966.



BLACK
WIRELESS

FUTURE SHOP

**LONDON
DRUGS**

MOBILESHOP
Excludes where prohibited. Certain products are sold.

Walmart 

TELUS STORES & AUTHORIZED DEALERS

Winnipeg
Garden City Shopping Centre
Kenaston Power Centre

Kildonan Place
Polo Park
Portage Place Shopping Centre

St. Vital Centre
3653 Portage Ave

Brandon
Shoppers Mall

*Available for clients who activate or renew on a 2 year term with a \$70 monthly spend before tax. SIM not included. †Only one SharePlus Plan subscriber on the account requires a data option. That data can be shared with up to four additional devices. The first device on each TELUS SharePlus Plan must be a smartphone, Smartphone Lite or other mobile phone. Compatible phone required for BYOD option. ‡Premium and subscription messages are not included. An additional 40¢/message charge will apply for each text message or attachment sent to international numbers. Text messages sent or received while roaming outside of Canada will be charged at 60¢/message. Visit telus.com/text for details. Customers with devices not able to display picture or video messages will receive a text message that includes a web address for viewing. Multimedia messaging used while outside of Canada is charged as data roaming. **Best customer service claim based on a comparison of national wireless service providers drawn from the most recent report of the Commissioner for Complaints for Telecommunications Services; visit the CCTS website or see telus.com/bestservicetext for details. Most reliable network claim based on testing of voice-call success rates, data-session completion rates and industry-standard call-quality measures against other national wireless service providers in metropolitan areas across Canada. TELUS, the TELUS logo, the future is friendly and telus.com are trademarks of TELUS Corporation, used under licence. All other trademarks are the property of their respective owners. © 2013 TELUS.

Interview

Shindico manager speaks out

The Winnipeg real-estate company involved in the city's controversial land-swap deal is calling the fire-halls audit flawed.

Bob Downs, development manager with Shindico, gave a two-hour interview to local radio station CJOB, parts of which were aired Monday morning.

During the interview, Downs said Shindico owners and brothers Sandy and Robert Shindleman "carry their hearts on their sleeves and they bleed Winnipeg."

The Shindlemans and Mayor Sam Katz, added Downs, have many friends in the business community, referring to media characterizations of the relationship between Sandy Shindleman and the mayor.

As for the land-swap deal, Downs said the For Lease sign put up at the city-owned site of the fire station on Grosvenor — which caused controversy at city hall and resulted in the audit — was an attempt to pressure the city to complete the transaction for the Shindico-owned property that now houses the Taylor Avenue fire station.

"We were looking for a solution and you don't leave any stone unturned," said Downs.

In a scrum with media on Nov. 21, Katz said he had spoken to Sandy Shindleman since the release of the audit on Oct. 21 but that talk did not touch on the audit. Katz said he's fine with Shindico publicly sharing their perspective.

The city is in the process of acquiring the Taylor Avenue land on which the fire station was built.

BERNICE PONTANILLA/METRO

North End. Charges laid in gang-related shooting

Attempted-murder charges have been laid in connection to a shooting in the North End last month that police now say was part of an ongoing war between two rival street gangs.

Police wouldn't identify which gangs were involved in the Nov. 1 shooting that saw a 23-year-old man hit in the upper body in the 400 block of Aberdeen Avenue.

"Certainly, as we're aware, unfortunately there's several street gangs within Winnipeg,"

said police spokesperson Const. Eric Hofley Monday. "When you live a lifestyle such as this, unfortunately you can become the victim of or the perpetrator of these types of crimes."

At last word the victim was listed in stable condition.

Tyler Joseph Stevenson, 20, of Winnipeg is charged with attempted murder while using a firearm, possession of a weapon for a dangerous purpose, and other breach- and firearm-related offences. **METRO**

STARS. Province suspends air-ambulance service

Manitoba has temporarily suspended its use of the air-ambulance service known as STARS following the death of a patient.

Health Minister Erin Selby says a patient was transported to Winnipeg for medical care on Nov. 28 following a heart attack.

She says after landing in Winnipeg, the patient died.

Selby says the case is under review and the use of the Shock Trauma Air Rescue Service has been suspended in the mean-

time until "issues of concern" are resolved.

The move comes after a two-year-old boy was left brain-damaged following a flight from Brandon to Winnipeg for medical treatment in May.

Selby says the province will rely on its own fleet of 24 air ambulances during the suspension.

STARS calls itself a charitable organization and operates in Manitoba, Saskatchewan and Alberta. **THE CANADIAN PRESS**

Citizens urged to push for budget

A little help? Finance chair asks people to encourage councillors to vote for proposed plan, including tax hike

Mayor Sam Katz and the city's finance chair want Winnipeggers' help selling their proposed 2014 budget — and the 2.95 property-tax hike it includes — to the councillors who will ultimately decide whether it sinks or swims.

One per cent of the tax hike included in the preliminary budget released Friday will go into a new Regional Street Renewal Reserve fund, and during a press conference Monday outlining where some of those dollars would be used if approved, finance chair Coun. Russ Wyatt asked citizens to push their councillors to approve both the budget and the tax hike.

"There's so many regional streets ... that need work, that need attention," said Wyatt.

"We've just started this (reserve) and we need to build it up — it will take political will



Mayor Sam Katz outlines the city's plan to use one per cent of the 2.95 per cent tax hike included in the 2014 preliminary budget to fix regional streets during a press conference Monday. **SHANE GIBSON/METRO**

and support from the community.

"So we call on residents to call your local councillor ask them to support the budget."

Wyatt said the plea isn't a sign he's worried the budget won't pass, but St. James-Brooklands Coun. Scott Fielding isn't so sure.

Spending

If the 2014 proposed budget is approved, the Regional Street Renewal Reserve fund will see spending on regional streets total \$35.3 million next year and include \$3.1 million of work on Henderson Highway northbound between McLeod and Springfield Road.

SOURCE: CITY OF WINNIPEG

Fielding, who released an alternative tax-hike-free plan Friday and vowed not to vote for the budget with a tax hike, told Metro the budget showdown could be close.

"No one would disagree with spending infrastructure dollars, but you can do it without increasing taxes," said Fielding, who is mulling a run for the mayor's seat next year. "The concern is that they're always going to raid taxpayers' wallets when they could look internally and fund it that way."

Next year's proposed budget will come to a vote in council Dec. 17.

SHANE GIBSON/METRO

Become a Plasma Donor

We are looking for healthy people with negative blood types to donate plasma. If female, you must no longer be able to bear children. Plasma will be used to create a medication that can save babies lives. Plasma donors are compensated for their time.

cangeneplasma.com (204)275-4630



1
T
N
E
W
S

Transit Tuesday



Weekly Transit News Update

THE SANTA BUS IS ON THE ROAD

Winnipeg Transit's Santa Bus is on the road collecting cash donations for the Christmas Cheer Board. The Santa Bus features larger than life images of the jolly old man himself along with all his happy reindeer on the exterior of bus #829.

"Last year the Santa Bus collected \$13,000 for the Christmas Cheer Board and we're ho-ho-hoping to collect even more this year," said Mr. Claus. "And remember – no bills or pennies please!"

The Santa Bus will be operating on route 11 Portage-Kildonan all this week. All cash fares and any extra donations collected on the Santa Bus go directly to the Christmas Cheer Board.

SANTA BUS IS EASY TO FIND WITH BUSTXT 287898

Impress yourself and the kids by locating the Santa Bus with your smart phone. Winnipeg Transit's BUSTxt service provides you with real-time transit information on your mobile device. For example, to locate the Santa Bus, just text 287898, enter Bus 829 then press send. BUSTxt will text you back in just a few seconds letting you know exactly where the Santa Bus is and when it will be arriving at its next stop. BUSTxt is just one of the many Transit Tools Winnipeg Transit offers to help you plan your bus trip. To learn more about BUSTxt and all the other great Transit Tools, visit winnipegtransit.com.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of South and South East Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

PARK AND RIDE... AND RELAX

Leave your car at a Park & Ride location near you and take a bus to your destination. Visit winnipegtransit.com for more information about our Park & Ride service.



Rafferty seeks public money to fund appeal

Victoria Stafford murder. Michael Rafferty can't afford legal help but needs it to appeal complex case, his lawyer argues

The jury that convicted Michael Rafferty of killing eight-year-old Victoria Stafford should have considered that he might have been only an accessory after the fact to her brutal murder, Ontario's Appeal Court was told Monday.

The argument was part of lawyer Paul Calarco's attempt to convince the court that there is merit to an appeal of Rafferty's convictions for first-degree murder, sexual assault causing bodily harm and kidnapping.

Rafferty wants the Appeal Court to order that the public fund his appeal, which Calarco argues is too complex for Rafferty to handle by himself. Rafferty can't afford to hire a lawyer and has been turned down four times by Legal Aid since his convictions in May 2012.

Rafferty's trial heard that he and his former girlfriend, Terri-Lynne McClintic, lured Tori from her school in Woodstock, Ont., and drove to a secluded field, where the Grade 3 student was sexually assaulted and brutally beaten to death in April 2009.

It's "absolutely vital" that



Michael Rafferty, left, wants the Appeal Court to order that the public fund his appeal of his convictions in the death of eight-year-old Victoria Stafford, right. LEFT: DAVE CHIDLEY/THE CANADIAN PRESS FILE; RIGHT: CONTRIBUTED

every person have the right to a fair trial and a proper appeal, Calarco said.

"That applies no matter if the person is one for whom the public has sympathy... or a person the public has no sympathy for," he said.

Appeal Court Justice Marc Rosenberg reserved his decision, but he can either dismiss Rafferty's motion, request that Legal Aid fund a lawyer or order that the money should come from the Ministry of the Attorney General.

Rafferty had been serving his life sentence at Kingston Penitentiary, but after the prison closed this year, he was moved to an institution in Quebec. **THE CANADIAN PRESS**

Grounds for appeal?

The trial judge made three errors, lawyer Paul Calarco told the court.

- McClintic made conflicting statements about whether she or Rafferty delivered the fatal blows to Tori. If she was the "principal offender," then Rafferty's actions would make him an accessory after the fact.
- Superior Court Judge Thomas Heeney erred by not giving the jury a Vetrovec warning, which cautions juries about the

testimony of untrustworthy witnesses.

- The third ground that Calarco said points to the merit of Rafferty's appeal is another issue regarding McClintic's conflicting evidence. "This is a person who is totally capable of deceit," Calarco said.
- Crown attorney Randy Schwartz opposed the motion, arguing that the appeal is not particularly complex and doesn't raise novel points of law.

Student suicide video seen online

School response

"The university ... is urging people not to watch or distribute this hurtful material."

University of Guelph statement

An Ontario university has confirmed a fire was deliberately set in one of its dorms and is urging the public to avoid a suicide video of the event posted online.

It is believed a man who attempted suicide by taking sleeping pills and lighting his dorm room on fire — and streamed video of the event online — is a 20-year-old student at the University of Guelph.

On Saturday evening, a man identified only as "Stephen" posted a message on 4chan's /b/ board, one of the Internet's most diverse communities.

"Tonight I will be ending my own life. I've been spending the last hour making the preparations and I'm ready

In 4chan parlance, "an hero" is slang for committing suicide.

A video stream was set up and users watched as Stephen swallowed some unidentified pills and chased them with vodka. He then proceeded to start a fire in his room and curl up in bed.

Stephen continued to post to the stream's live chat, typing messages like "#imdead" and "#omgimondie."

Eventually, firefighters stormed in and rescued the young man.

Although initial reports attempted to link the incident to a house fire in Pittsburgh, it now appears that Stephen is a student at the University of Guelph.

Firefighters were on campus Saturday night and took one victim to hospital with serious burns.

The fire call came in approximately 90 minutes after Stephen's first post on 4chan.

The university has since confirmed that the fire was deliberately set by a 20-year-old student in Dundas Hall.

"The university is aware that there is disturbing social media activity circulating about this incident and is urging people not to watch or distribute this hurtful material," read a statement.

According to the Daily Dot, 4chan users are already celebrating Stephen, referring to him as "Toaster Steve."

LUKE SIMCOE/METRO ONLINE

There are some things Santa can't bring you.

So when it comes to finding a new job, count on Workopolis instead. We have the most jobs from Canada's top employers and over 6,000 new online job postings every week. Best of all, there's no awkward small talk with elves. It's what makes Workopolis Canada's number one job site.

workopolis.com

 [#workopolis](https://twitter.com/workopolis)



"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

MLA in hot water over photo with blackface Christmas character

Halifax. MLA says he now realizes traditional Dutch Christmas character 'Black Pete' may be inappropriate



HALEY RYAN
Metro in Halifax

The Liberal MLA for Halifax-Chebucto fought back tears Monday as he spoke with media about a photo of himself sitting on the lap of a blackface Christmas character he had posted to Twitter and later removed due to the backlash.

Joachim Stroink tweeted the image of himself and his wife at a Dutch Christmas event with Zwarte Piet, or "Black Pete," on Sunday evening.

"This is a Dutch tradition I grew up with and never, ever in



Liberal MLA Joachim Stroink gets emotional as he takes questions from the media at the Liberal office Monday after receiving criticism for a photo, seen at right, that he posted on Twitter. LEFT: JEFF HARPER/METRO IN HALIFAX; RIGHT: TWITTER

my deepest heart, ever thought that this would be portrayed in this manner," Stroink said. "There was no malicious intent whatsoever."

The debate around Pete intensified this year after cultural experts with the United Nations began examining whether the tradition is racist. People

in the Netherlands are also divided, with some protesting the character and others declaring Zwarte Piet a symbol of Christmas fun.

Stroink said the negative attention he was getting on Monday "hurts in many ways," because he's had to realize parts of his own culture might

be at odds with the African Nova Scotian citizens he represents as a politician.

"I have to be respectful that I represent every culture, and no longer Joachim Stroink."

Stroink said he realizes there is "no place" for blackface in Nova Scotia culture, and met with Tony Ince, a black mem-

ber of the legislature and the minister of African Nova Scotian affairs, to discuss updating the tradition.

He said it could be that Zwarte Piet is no longer appropriate, but that's something the Dutch community should decide on their own, with "hopefully" Stroink and Ince's help.

Questioning tradition

'Black Pete' sparks debate

The Dutch character is the servant of St. Nicholas or "Sinterklaas" according to a traditional song, and is often shown wearing blackface makeup, red lipstick and a frizzy "Afro" wig.

"It may be part of a tradition but that doesn't mean that it's right," said Christopher Helland, a sociology of religion professor at Dalhousie University.

The photo may not have been such an issue without social media, Helland said, but added online debates are good because they allow people who aren't usually heard to express their concerns.

Brazeau lands new gig as Parliament Hill reporter

Suspended senator Patrick Brazeau has found work as a freelance reporter for the Halifax edition of Frank Magazine, despite having no prior journalism experience and a track record of Twitter trouble. There's also the matter of his impending trial over charges of assault

and sexual assault.

Brazeau openly solicited work on Twitter after he and fellow senators Mike Duffy and Pamela Wallin were suspended in early November over their questionable expense claims.

The satire and gossip maga-

zine — not to be confused with the entirely distinct Ottawa version of the same name — announced its newest hire Monday.

Brazeau dropped off his application for accreditation to the parliamentary press gallery in person Monday

afternoon. It will now fall to the press gallery's board of directors to decide whether or not to accredit Brazeau. If it does, he will be granted a pass that allows him to roam freely through some of the corridors of the parliamentary precinct.

THE CANADIAN PRESS



Patrick Brazeau applies for membership to the parliamentary press gallery at the National Press Building in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

BANK RECEIPT

DATE: OCT 26-13 TIME: 20:32

LOCATION: SPADINA TORONTO

CARD: 0000*****100

WD 2609 CHEQ BALANCE IS: \$60.00 \$53.65

BUSINESS, HEALTHCARE, LEGAL STUDIES, TECHNOLOGY, ART & DESIGN

1-877-905-7305 | change.cdcollege.ca

CD college

IT'S TIME FOR A CHANGE!

#NEWCAREER

CARSTAR proudly offers:

- Collision repair
- Auto glass repair & replacement
- MPI accredited
- AIR MILES reward miles*

CARSTAR on Chevrier..... 475-7193

CARSTAR on Fife..... 632-7712

CARSTAR on Henderson..... 338-1551

CARSTAR on Saskatchewan.. 837-2399

*AIR MILES® reward miles not applicable on MPI claims.

CARSTAR in Stonewall..... 467-4329

CARSTAR
Collision & Glass Service

Mounting evidence implicates Assad in Syrian war crimes: UN



UN High Commissioner for Human Rights Navi Pillay said, at a news conference in Geneva, Switzerland, on Monday, that human rights abuses in Syria are being well documented by an expert UN panel of investigators.

SALVATORE DI NOLFI/THE ASSOCIATED PRESS

Human rights.

Allegations add pressure for action on nearly three-year-old civil war that has killed 100,000

A growing body of evidence collected by UN investigators points to the involvement of senior Syrian officials, including President Bashar Assad, in crimes against humanity and war crimes, the UN's top human rights official said Monday.

The statement by Navi Pillay, who heads the UN Office of the High Commissioner for Human Rights, adds to the pressure for quicker action on Syria ahead of a key peace conference planned for Geneva in January. The con-

ference, brought on by combined UN, U.S. and Russian diplomacy, would for the first time bring the Assad government and opponents together for face-to-face negotiations.

"As we look around the world at the end of 2013, we see examples of situations where that readiness of the international community to act in time is already being sorely tested," Pillay told a news conference.

"In addition to Syria, where the scale and viciousness of the abuses being perpetrated by elements on both sides almost defies belief, the situation in the Central African Republic is deteriorating rapidly."

Pillay said the Syrian abuses — suspected massacres, chemical attacks, torture,

Straight to the top

"The evidence indicates responsibility at the highest level of government, including the head of state."

Navi Pillay, UN High Commissioner for Human Rights, on war crimes in Syria.

rape and a litany of other horrors — are being well documented by an expert UN panel of investigators.

Any prosecution before the International Criminal Court at The Hague appears to be a long way off because Syria isn't a member of the court, so it'd be up to the UN Security Council to refer the matter.

THE ASSOCIATED PRESS

Stolen camera captures eagle's caper

A brazen bird snatched a video camera that was recording crocodiles in north-west Australia and captured fascinating footage of its 110-kilometre journey across the country's remote landscape.

Wildlife rangers in Western Australia's Kimberley region released video on Monday that reveals the sea eagle's caper. The bird's flap-

ping wings can be seen as it grabs the device and takes off, and the eagle later poses for a selfie, poking its face into the camera lens.

Rangers set up the motion-sensor camera along the Margaret River in May, hoping to record images of crocodiles. The camera, which is about 10 to 15 centimetres long and 5 centimetres wide, disappeared soon after and the

rangers figured it had fallen into the water.

The rangers recently found out that the device had been found near the Mary River, about 110 kilometres away, ranger Roneil Skeen told the Australian Broadcasting Corp. When they examined the video inside, the real culprit was revealed.

The rangers plan to bolt

An epic journey

110

A bird captured footage of its 110-kilometre journey across Australia's Kimberley region after snatching a video camera.

down their cameras from now on, Skeen said.

THE ASSOCIATED PRESS



An eagle pecks at a camera that rangers had set up along a river, after the bird took off and flew with it, in the Kimberley region of Western Australia.

COURTESY KIMBERLEY LAND COUNCIL/THE ASSOCIATED PRESS



YOU COULD

WIN A \$5,000

VOUCHER AND PERSONALIZED SHOPPING EXPERIENCE



michael hill

N.Y. derailment. Train was travelling 52 m.p.h. over the speed limit

A commuter train that derailed over the weekend, killing four passengers, was hurtling at 82 m.p.h. as it entered a 30 m.p.h. curve, a federal investigator said Monday. But whether the wreck was the result of human error or brake trouble was still unclear, he said.

Asked why the train was going so fast, National Transportation Safety Board member Earl Weener said, "That's the question we need to answer."

Weener said the information on the locomotive's speed was preliminary and extracted from the Metro-North train's

two data recorders, taken from the wreckage after the Sunday morning accident in the Bronx.

He also said investigators had begun interviewing the crew members, but he would not disclose what the engineer had told them.

He said investigators were also examining the engineer's cellphone — apparently to determine whether he was operating the train while distracted.

Asked whether the tragedy because of human error or bad brakes, Weener said, "The answer is, at this point in time, we can't tell." **THE ASSOCIATED PRESS**

Ottawa

New regulations ahead for prepaid credit cards

Ottawa is moving ahead with new regulations on so-called prepaid credit cards, but not in time

for the holiday shopping season.

A source says the federal government will bring in an array of regulations governing prepaid cards, including an end to expiry dates and a prohibition on charging maintenance fees for the first year.

THE CANADIAN PRESS

Netanyahu under fire for high-rolling ways



Israeli Prime Minister Benjamin Netanyahu looks up as he arrives for a private audience with Pope Francis at the Vatican on Monday.

RICCARDO DE LUCA/THE ASSOCIATED PRESS

It's all about the Benjamins. Israeli PM raised taxes, slashed services while spending thousands on candles and flowers

Israeli Prime Minister Benjamin Netanyahu's penchant for scented candles is setting off a stink, with media and politicians accusing him Monday of extravagantly spending public money.

According to a document obtained by a civil liberties group, in 2012, Netanyahu spent \$1,700 on scented candles, \$23,300 on flower arrangements and \$31,600 on gardening at his official residence in Jerusalem, among other costs totalling about \$909,000.

The report threatens to embarrass Netanyahu, whose

More details

- Netanyahu was also shown to spend \$11,800 on laundry and \$41,600 on catering at his residence.
- The water bill for his vacation home amounted to more than \$22,000, and the electrical bill hit \$7,390.

government raised taxes and slashed services earlier this year to decrease a budget deficit.

"When the prime minister presents such inflated and absurd amounts in the expense sheet to the nation, he can't look at his citizens in the eye and swear that there must be cuts to their welfare, health care, security and education," wrote Arye Aplatoni in the Maariv daily.

THE ASSOCIATED PRESS

Get up to a \$100
bonus gift on select
smartphones.

PLUS, DOUBLE the data and minutes
for a limited time!²



HTC Desire™



Nexus 5



Samsung Galaxy S III™



Bonus gift offer ends December 31, 2013.

koodo



FUTURE SHOP



MOBILE SHOP

Walmart



Winnipeg
Kildonan Place Shopping Centre
Polo Park Shopping Centre
Portage Place
St. Vital Shopping Centre

Brandon
Shoppers Mall

(1) Bonus gift will vary by store location. See store for full details. Bonus gift available with new activations only. While quantities last. (2) See store for details.

Here come the Amazon drones!

This is not a joke. By 2018, the world's largest online retailer aims to deliver your order to your door via a drone

Amazon.com is working on a way to get packages to customers in 30 minutes or less — via self-guided drone.

Consider it the modern version of a pizza delivery boy, minus the boy.

Amazon.com said it's working on the so-called Prime Air unmanned aircraft project in its research and development labs. But the company says it will take years to advance the technology and for the Federal Aviation Administration to create the necessary rules and regulations.

The project was first reported by CBS' 60 Minutes Sunday night, hours before

The specs

Amazon CEO Jeff Bezos discussed the details of the drones in an interview.

- The drones can carry packages that weigh up to five pounds, which covers about 86 per cent of the items Amazon delivers.
- Amazon is testing the drones to have a range of about 17 kilometres, which could cover a significant portion of the population in urban areas.

millions of shoppers turned to their computers for Cyber Monday sales. Amazon CEO Jeff Bezos said in a prime-time interview that while the octocopters look like something out of science fiction, there's no reason they can't be used as delivery vehicles.

THE ASSOCIATED PRESS



This undated image provided by Amazon.com shows the Prime Air unmanned aircraft project that the online retailer is working on. AMAZON/THE ASSOCIATED PRESS



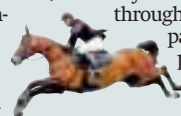
It's my party and I'll ask for a UN designation if I want to

German beer brewers are seeking a 500th birthday present for their famed purity law: An official seal of approval as world heritage. The German Brewers' Federation said Monday it has applied to German officials and UNESCO, the United Nations' cultural agency, to have the purity law — the "Reinheitsgebot" — recognized by the UN as a piece of the world's "intangible heritage." The purity law dates back to 1516 and allows nothing but water, barley malt, hops and yeast for brewing. Germany boasts some 1,300 breweries and 5,000 brands of beer. MATTHIAS SCHRADER/THE ASSOCIATED PRESS FILE

My true love maxed out

On the 13th day of Christmas came the \$114,651 Visa bill

The price of lords-a-leaping and ladies dancing has spiked this holiday season, but other items mentioned in the carol The Twelve Days of Christmas still cost the same as they did



last year.

Buying one set of the gifts mentioned in each verse costs \$27,393 US in stores, or 7.7 per cent more than last year, according to the so-called Christmas Price Index that PNC Wealth Management updates annually. If you buy all 364 items repeated throughout the carol, you'll pay \$114,651 US — 6.9 per cent more than last year. THE ASSOCIATED PRESS

PHIL COLE/GETTY IMAGES FILE

Market Minute

DOLLAR
93.98¢
(-0.18¢)

Natural gas: \$3.97 US (+6¢)
Dow Jones: 16,008.77 (-77.64)

TSX
13,419.57 (+24.17)

OIL
\$93.82 US (+\$1.10)

GOLD
\$1,221.90 US (-\$28.50)

Calling for \$15/hr. Can I get a living wage with that fast-food job?

Fast-food workers in about 100 U.S. cities will walk off the job this Thursday, protest organizers say, which would mark the largest effort yet in a push for higher pay.

The actions would build on a campaign that began about a year ago to call attention to the difficulties of living on the American federal minimum wage of \$7.25 US an hour.

Protesters are calling for pay of \$15 US an hour, although many see the figure as a rallying point rather than a near-term possibility.

It's not clear what the actual turnout will be, or whether the walkouts will



In August protests were held outside McDonald's, with more demonstrations set for Thursday. THE ASSOCIATED PRESS FILE

be enough to disrupt restaurant operations. Similar actions this summer had varying results, with some restaurants briefly unable to serve customers and others seemingly unaffected. THE ASSOCIATED PRESS

Long & McQuade
MUSICAL INSTRUMENTS
long-mcquade.com

Shop Online!

Best Price. Best Selection.

Holiday Shopping Made Easy.

651 Stafford Street
204.284.8992

661 Wall Street
204.783.6045

Christmas Fair

Gifts with Ukrainian Flair!

December 6 - 10am to 9pm
December 7 - 10am to 4pm

Fine jewellery, artwork, imported toys & embroidery, holubtsi, varenyky, perishky, vushka and much more, YUM!

Oseredok Ukrainian Cultural & Educational Centre
184 Alexander Ave. E.
204.942.0218

BLACK FRIDAY LEAVES A BLACK MARK

For five days straight my email inbox has received an uninterrupted deluge of sale announcements and promotional messages touting can't-miss markdowns on everything from leather jackets to hotel rooms to sushi platters.

From Black Friday Eve (previously known as American Thanksgiving) through to Cyber Monday, my cellphone has served as an annoying reminder of our collective obsession with discounted consumer goods and my own inability to remove myself from email lists.

You'd think Canadians would have been spared from this fabricated "holiday." But even though our Thanksgiving came and went over a month ago, Canadian retailers just had to get their own slice of that profitable retail pie. Wait—I should probably avoid "pie" references as they might conjure up images of families spending time together, when in fact 'tis the season for saving 40 per cent off flat-screen TVs.

I get it, stuff is expensive, and when that same stuff becomes not so expensive for a limited time, it's tempting to try and cash in on those savings. But the whole Black Friday thing has gotten out



SHE SAYS

Jessica Napier

metronews.ca

of control.

How does a simple holiday sale transform an average group of people into a stampeding herd who will stop at nothing to validate their self-worth through the accumulation of designer clothing and brand-name electronics?

In 2008, a 34-year-old Walmart employee died in Long Island after being trampled to death by hordes of impatient shoppers waiting to enter the store.

One of the worst things about this heinous event is that the bargain hunters—upon hearing the news of the man's death—just kept shopping. The same thing happened again in 2011 when shoppers walked over a 61-year-old man's collapsed body at a Target store in West Virginia.

According to blackfridaydeathcount.com—a morbid website that tallies the number of deaths and injuries related to Black Friday shopping events—there have been seven deaths and 90 injuries recorded since 2006. It's sickening to think that we've come to accept tragedies as just another part of this annu-

Blackfridaydeathcount.com

There have been seven deaths and 90 injuries recorded since 2006.

al ritualistic display of mass consumption.

Why do we continue to support a tradition that puts a price on a human life, especially when that dollar amount is a mere \$35 off a Blu-ray player?

Sorry to get a bit sentimental, but what I really want for Christmas this year doesn't have a price tag on it. I want us all to start acting less greedy and much more humane. I want to live in a world where, if people see a man fall, they help him get back up rather than brutally crushing him to death as they lunge at 2-for-1 Lego box sets.

Watching clips of savage shoppers mauling one another in the electronics aisle, I find myself wishing that this time of year could look more like the feel-good opening montage from Love Actually rather than a climactic scene from The Hunger Games.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Satan Claus is coming to town



SEAN GALLUP/GETTY IMAGES

Empty stockings should be the least of your fears

Revellers in Austria wear demon outfits while girls dress as angels prior to the annual Krampus night. The event honours Krampus—who, according to folklore, is the demon-like companion of St. Nicholas—who whips bad children with birch branches. **METRO**

Devil-may-scare

Krampus is represented by a hand-carved wooden mask with animal horns, a suit made from sheep or goat skin and large cow bells attached to the waist. In recent years, Tyrol has seen the founding of village Krampus associations with up to 100 members each who parade without St. Nicholas at Krampus events in November and early December.

METRO

Krampus's pagan roots

- The European practice of donning beast-like costumes and performing folk plays can be traced back thousands of years to pagan times. Among the most common figures in these rituals were Old Man Winter and the horned Goat-Man—archetypes now found in the forms of St. Nicholas/Santa Claus, and the devil, a.k.a. Krampus.
- Since the 1800s, Krampus has been emblazoned on festive greeting cards, often with the message "Grüß Vom Krampus" ("Greetings from Krampus"). In this way, the Krampus acquired a campy, Santa-ized quality. In 2004, comics publisher Monte Beauchamp reintroduced Krampus cards to America nearly a century after their heyday.

Clickbait



ANDREW FIFE

andrew.fife@metronews.ca

Whether it's the holidays or vacations that have you squeezed for cash, December can be the perfect month to stay inside. Here's three games that should serve you well:

Lords of Waterdeep:

Build a network of agents and recruit adventurers to climb the ladder of power in Waterdeep, all while racing against your rival lords. Developed by Playdek, the simple mechanics and smooth multiplayer make it just the latest in an embarrassment of board game riches available on the App Store. A note to new players: The AI is merciless. Play through the tutorial and take your game to some human competition. (iOS/\$6.99)

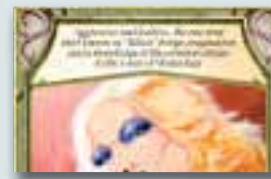
Plague Inc:

Richly supported with updates since its 2012 release, the developers of this death-to-humanity strategy sim have just dropped a new scenario. Choose the country where you would like your pet pathogen to infect its first victims, then hone its lethal skills and hopefully

watch it spread to take its place among history's most effective plagues. (iOS, Android/\$0.99)

Mikey Shorts:

If you're looking for a time-waster that's a little less, the price has dropped on the excellent Mikey Shorts from \$0.99 to a crowd-pleasing zero cents. It's a simple sidescrolling runner that owes more than a little debt to Super Mario Bros. and just as addictive. (iOS/Free)



SCREENGRAB

Letters

Where's the Black Friday reporting?

I noticed while reading the Metro that there was zero reporting about the ridiculous behavior of people during Black Friday shopping. I was hoping considering last week's papers were bursting with flyers, full and extended pages of ads, that you would report **anything** about the injuries or deaths caused by selfish shoppers. Instead, nothing. I guess it's easier to take money for Black Friday advertising than give an opinion on the reprehensible human behavior that comes with it.

Brian George Bowes, Toronto

Twitter

Suspended Senator Patrick Brazeau gets a gig with political satire mag Frank. What other kinds of work should he take on?

@FrenchmanCanada: He tried boxing and that didn't work really well. He should try wrestling, his twitter handle would make a great name: @TheBrazman

@KevinCHamilton: I think a career in satire really is the best thing for such an absurd person. Easier to explain away the crazy things he says.

WE WANT TO HEAR FROM YOU:

Send us your comments: winnipegletters@metronews.ca

DVD review



The Hangover
Trilogy

Director. Todd Phillips

Stars. Zach Galifianakis,
Bradley Cooper, Ed Helms

Any definition of the law of diminishing returns should in future simply have an arrow pointing to the cover of this triple set. The Hangover arrived in 2009 as a hilarious original comedy/mystery directed by Todd Phillips and starring Bradley Cooper, Zach Galifianakis, Ed Helms and Justin Bartha. The high-concept story had the four actors as bachelor party attendees on a Vegas bender. Three of them awakened from a night of drunken frolics to discover the fourth guy, the groom, MIA and possibly in danger. Wacky clues and bizarre antics enliven their search, which did boffo box office biz. A sequel was a given, but few could have predicted the rinse-and-repeat rip that was The Hangover Part II in 2011, which essentially replayed the story in a more exotic locale, Bangkok. Expectations were low for The Hangover Part III this past summer, and those expectations were met. Phillips thankfully ditched the drunk-and-hunt plot, replacing it with a crime angle (John Goodman plays an angry gangster). But he also dumped most of the laughs. The first film remains good enough to almost forgive the two weak sequels.

PETER HOWELL

Climb every mountain

The Sound of Music Live! Time is ticking for the cast of NBC's live production — a feat not attempted in more than 50 years

Maria, former would-be nun, is about to get married.

Starring as Maria in NBC's new version of The Sound of Music, Carrie Underwood is clad in her own T-shirt and leggings plus a wedding veil as she reverently steps through the bare-bones Manhattan rehearsal space while three dozen castmates, on their feet as if in church, sing How do you solve a problem like Maria?

Underwood's procession ends at the "altar" (marked by a music stand) to join her groom, Capt. von Trapp, played by jeans-and-sweater-sporting Stephen Moyer.

During this preliminary run-through a few weeks ago, much work clearly remained to get The Sound of Music Live! ready for airtime on Thursday, when it, along with everyone involved, will make history: More than a half-century has passed since a broadcast network has dared to mount a full-scale musical for live TV.

It would have been risky enough revisiting this Rodgers and Hammerstein classic on any terms. But this is no remake of the not-to-be-tampered-with Julie Andrews juggernaut, declares Neil Meron. Meron and longtime partner Craig Zadan are the telecast's Oscar-winning executive producers.

Instead, The Sound of Music Live! is the 1959 Broadway musical reimagined for TV, then given extra crackle with a



Carrie Underwood stars in The Sound of Music Live! on Thursday.

THE ASSOCIATED PRESS

live presentation.

Meron's message: Everybody knows The Sound of Music, or thinks they do from the 1965 film nearly everyone has seen. But relatively few fans are acquainted with the stage original. Drawing from it, The Sound of Music Live! is meant to feel familiar, yet at the same time come across as new and different.

Consider: Moyer with castmates Laura Benanti (as Baroness Elsa Schrader) and Christian Borle (as Max Detweiler) are rehearsing a couple of weeks later a saucy song titled How

Can Love Survive? This song will be brand-new to most viewers of the telecast — it was dropped from the movie.

"Plenty of nothing you haven't got. How can love survive?" Max tunelessly teases the wealthy Elsa, who, in her posh relationship with her fiancé, Capt. von Trapp, can never count theirs among "all the famous love affairs (where) lovers starve and snuggle."

This number, sung to an instrumental track recorded by a 40-piece orchestra, takes place on the sumptuous von Trapp

Where to watch it

- **Citytv.** The Sound of Music Live! airs on Thursday at 8 p.m. EST.
- **NBC.** Also begins the live show at 8 p.m. EST

terrace, complete with a fountain and a panoramic view of the Alps.

There are still no costumes — at the moment, Borle is wearing jeans and a Batman T-shirt — but by now the entire production has redeployed to a cavernous Long Island, N.Y., soundstage.

Grumman Studios' Stage 3, with square footage rivaling a football field's, is now home to the terrace, along with five neighbouring sets evoking pre-Second World War Austria including the abbey, a festival site draped with huge swastikas and the summit over which (spoiler alert) Maria, the Captain and his seven children pass to flee the Nazis at the musical's conclusion.

This will mark Carrie Underwood's first time in a major acting role. Despite her status as a multiplatinum country music superstar who rose to fame as the winner of American Idol in 2005, she is a rookie compared to the other stage veterans.

"Carrie is one of the bravest artists we've ever worked with," says Meron, who notes that she arrived two weeks before the production's six-week rehearsal began with her lines fully memorized, to get a head start.

"Every day," she says during a break, "I feel like I discover new things and how to go places in acting that I didn't think I could go."

THE ASSOCIATED PRESS

2 SCENE



CARSTAR proudly offers:

- Collision repair
- Auto glass repair & replacement
- MPI accredited
- AIR MILES reward miles*

CARSTAR in Stonewall.....467-4329

CARSTAR on Chevrier.....475-7193

CARSTAR on Fife.....632-7712

CARSTAR on Henderson.....338-1551

CARSTAR on Saskatchewan.....837-2399

*AIR MILES® reward miles not applicable at MPI centers.



At CARSTAR we know your time is valuable. That's why we make it our job to make your accident unhappen. We ensure that your repairs are done right, the first time, and on time. And, the service you receive will be second to none.

Twitter: @carstarmaritoba | Facebook: CARSTAR Manitoba

CARSTAR
Collision & Glass Service

You had me at merengue: Will Renee dance her way onto reality television?



Renee Zellweger

Renee Zellweger may be heading to television — and not in the way you'd expect. The actress is being considered by producers of *Dancing with the Stars* to head up a season of competitors made up of Oscar winners, according to Radar Online. "The producers are fixated on Renee in part because she hasn't done much dancing at all since *Chicago* more than 10 years ago, and

there's this real mystery about her and what she's up to," a source says. "They keep raising the amount of money they are willing to give her in the hopes that she'll say yes, and the theory is that if they can get her to sign on, then it would attract some other really prominent Oscar-winning stars — who wouldn't normally do reality TV — to fall in step."



Paul Walker

Investigation into Walker's death unearthing unsettling details: TMZ

Details continue to emerge about the car wreck that killed *Fast and Furious* actor Paul Walker and his business partner, Roger Rodas, on Saturday. TMZ.com reports that cops are looking into the possibility that Walker and Rodas were drag racing when their Porsche exploded after first hitting a tree and then a lamppost. The area where they died is a well-known racing strip. In fact, the site reports that fans are "doing dangerous burn-outs, donuts and other high speed stunts" at the death site in me-

morium of Walker. Meanwhile, production for *Fast and Furious 7* "won't be scrapped," sources close to the production tell *The Hollywood Reporter*. The production has been underway in Atlanta, taking a break for the Thanksgiving holiday, and was scheduled to head to Abu Dhabi in January. Sources say production will be "delayed" as director James Wan and studio executives figure out how to re-work the project and "how to proceed in a manner that would be respectful to Walker's death."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Two familiar faces come out to the social media sphere

PAT HEALY
Metro World News

British Olympic diver Tom Daley and actress Maria Bello took to different forms of media this weekend to reveal new same-sex relationships in two heart-felt confessionals.

Daley took to YouTube to officially come out, telling fans that he has been dating a man for most of this year.

"This has been a hard decision to make, but I wanted you to hear this from me," the 19-year-old athlete says in his video. "In spring this year my life changed massively when I met someone, and they make me feel so happy, so safe, and everything just feel great. That someone is a guy. It did take me by surprise a little bit. It was always in my head that something like that could

happen, but it wasn't until spring this year that things just clicked. It felt right and I thought, 'OK,' and my whole world changed there and then."

Meanwhile, Bello came out in a first-person essay in the *New York Times*' *Modern Love* titled, *Coming Out as a Modern Family*. "She was one of the most beautiful, charming, brilliant and funny people I had ever met, but it didn't occur to me, until that soul-searching moment in my garden, that we could perhaps choose to love each other romantically," she wrote about finding her new girlfriend, Clare. Soon, the two "began the long, painful, wonderful process of trying to figure out what our relationship was supposed to be."

Jackson, Bello's 12-year-old son from a previous relationship, took his mother's new relationship in stride. When she told him about Clare, "He looked at me for what seemed like an eternity and then broke into a huge, warm smile. 'Mom, love is love, whatever you are,'" she wrote.

YOU COULD WIN

Disney PLANES

A TRIP TO THE HOLIDAY INN RESORT® ARUBA
OR 1 OF 10 COPIES OF "PLANES" ON BLU-RAY™ COMBO PACK

Take your kids to a HOLIDAY INN RESORT® location for the best way to bond with your family and have fun. There are 34 HOLIDAY INN RESORT® locations you can choose from including destinations like Puerto Vallarta and Los Cabos in Mexico, Aruba, Hawaii, Orlando, and many others around the world. Start planning your next precious vacation at www.holidayinnresorts.com

AVAILABLE NOW

VISIT clubmetro.com TO ENTER

NO PURCHASE NECESSARY. TERMS & CONDITIONS APPLY. FOR FULL CONTEST DETAILS AND CONDITIONS, VISIT CLUBMETRO.COM

Who gets to party with Kate at her fantasy fete?

Everything's coming up Kate Moss this week.

First up, the supermodel, who turns 40 next month, was honoured at the British Fashion Awards in London on Monday where she won a special award for her 25 years in the fashion world.

Secondly, her hotly-anticipated issue of *Playboy*, which also celebrates the magazine's 60th anniversary, hits stands in the U.S. on Friday. The 18-page spread features a Q & A with Moss and Tom Jones. Jones just lobs softballs at the model (as you should when someone is naked) with such questions as, "Who would be on your ultimate guest list?" The model replies, "Jack Nicholson, [photographer] David Bailey, Stevie Nicks, Catherine Deneuve, Joan Collins — love! She texted me the other day. I could not believe it. 'Hi, it's Joan Collins.' I was like.... [mimes dying-of-shock], My husband, because it would be mean if I didn't invite him. And Hugh Hefner, obviously."

What cha' know about the not-so-new tea trend matcha?

Good for you. It's been called the Superman of green tea, but what exactly does it do to help you in your day-to-day life?

MAJA LUNDAGER PEDERSEN
Metro World News

One hundred thirty times — that's how much the super-trendy, super-old Japanese matcha tea is supposed to beat regular green tea with when it comes to antioxidants. But what does that really mean? And is there a purpose for including a teaspoon of the — some would say not exactly tasty — matcha powder?

"I definitely think matcha can help prevent (illnesses) and keep you healthy when it comes to diseases," says Rachel Berman, dietitian and health content manager for About.com.

Matcha is a green tea and research shows that the antioxidants (more precisely, catechins) in it reduce the risk of cancer. Furthermore, green tea contains serotonin, which can help reduce stress and work as a mood enhancer. Last but certainly not least, it can help increase metabolism. But Berman is hesitant to tout it as a cure-all.

"I wouldn't necessarily say, 'Drink green tea and you will lose weight,'" she says. "The amount of calories you may burn won't make up for having a cheeseburger at lunch."

Making sense of matcha



If you find this wonder tea a tiny bit too expensive, Berman recommends you instead ask for a really high quality of green tea. You will probably get a lot of the same benefits from it, she says.

- Where is it grown? Matcha

only grows in Japan.

- Why drink it? It's known as a mood enhancer because of its amino acid content.
- Pricey? The softer matcha is, the more expensive it is.

One of the reasons why matcha is making waves more than normal green tea is the way it's brewed.

"Matcha is a powder and it's the entire leaf, versus brewing leaves in water, which won't give you as much of the health benefits," the dietitian tells us.

Matcha contains caffeine, too, and Berman doesn't recommend going over four or five cups a day, or drinking it past 5 p.m.

"Just incorporate it as a substitute for a mid-afternoon soda or coffee," she says.

The conclusion must be

that matcha is worth a try, but one question still remains. Why has a tea that's been around since the 12th century become so popular now?

"I think that people are looking for ways to improve their diet any way possible," Berman says. "Certain foods go in and out of trend all the time, so maybe people are looking for a way to get antioxidants since there has been so much research about how good green tea is. Why not have the one that is even more powerful than just regular green tea?"



Add a little matcha to your afternoon delight. ALL PHOTOS ISTOCK IMAGES

3
LIFE



Did you know **72%** of pain sufferers regularly have trouble sleeping?

© Johnson & Johnson 2013



For sleep tips & more visit
sleep-centre.ca



Smoking

Quit now, reduce your health risks

People who quit smoking reduced their risk of developing heart disease, heart attacks, strokes and dying from cardiac arrest to the same levels as those people who never smoked, according to a new U.S. study.

Previous research found that it may take up to 15 years or more after quitting for smokers to regain cardiovascular health to that of people who never smoked. This study found many smokers, on average, reduce their risk within eight years. The research was presented at the American Heart Association's Scientific Sessions 2013.

"It's good news," says Dr. Ali Ahmed, M.P.H., professor of cardiovascular disease at the University of Alabama at Birmingham's School of Medicine. "Smoking is the most preventable cause of early death in America. If you smoke, quit and quit early." **METRO**

Want to watch your weight? Keep your home very toasty

Body science. New research flips common thinking on its head as they find a healthy body weight is linked to those who live in warmer homes

MEREDITH ENGEL
Metro World News

The secret to keeping your figure during the holidays may have nothing to do with your dinner plate.

Researchers at the University of Stirling Behavioural Science Centre in Scotland have found that people living in well-heated homes have lower BMIs (body mass indices) levels than those in the Northern Hemisphere without adequate heating.

The scientists studied

10,000 people with central heating over a 13-year period.

Their research, they say — which included age, gender, social class and other factors — turns a popular notion on its head.

"We set out to investigate the scientific claims that cooler indoor temperatures help us maintain a healthy weight by pushing our bodies to expend more energy through shivering and generating heat through tissues," says behavioral scientist and senior lecturer Dr. Michael Daly.

"In fact, the research suggests people may eat less and burn more energy when residing in a warmer indoor environment."

So what's the magic number for your thermostat?

"We ... found reduced weight levels among people living in homes heated to above 73.4 degrees Fahrenheit (23 Celsius)," Dr. Daly says of the research.



Crank up that temperature and crank up the weight loss. ISTOCK PHOTOS

Mind the App

Nike+ FuelBand SE



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

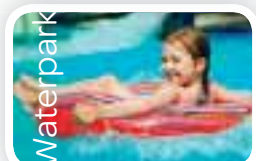
iPhone/Mac/PC
\$149.95

While you sleep, shower and live your day, this comfortable wristband tracks your steps and calories burned. Stylish, glittering LED lights reveal the numbers before your smartphone turns them into metrics. It's fun and well-made, but since it can't map your runs or measure your pulse, very basic in use.



Hecla Resort

OPEN FOR THE WINTER!



ROOMS STARTING AT JUST \$89* BOOK NOW!

With great winter season rates, **Lakeview Hecla Resort** offers everything you need.

Inviting you to enjoy:

- Winter activities equipment rental
- Seagull's Restaurant & Lounge
- Pools & Waterpark • Free Wireless Internet
- Free Movies • Salka Spa • Pet Friendly

For complete details, call 1 877 355 3500 or visit lakeviewhotels.com

Until Mar 27/14 (excluding Dec 19-Jan 3).
Some restrictions apply. Call for details.

No purchase necessary.
Terms and conditions apply. Full contest details and terms and conditions at clubmetro.com

Best Health

Do you know the difference in diabetes?

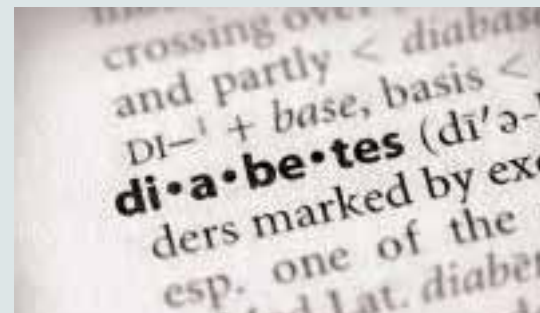


BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

More than nine million Canadians, or one in four, are living with diabetes or prediabetes, and the number is expected to rise to one in three by 2020. Many people don't realize that there is a big difference between Type 1 and Type 2 diabetes. In the November/December issue of Best Health, we asked Dr. Jan Jux, chief scientific advisor of the Canadian Diabetes Association, to explain.

Type 1

About 10 per cent of people with diabetes have Type 1. Although its cause remains unknown, people who have a family history of diabetes are considered at a higher risk of developing it. It usually begins in childhood and occurs when the body is unable to produce insulin, a hormone that controls the level of glucose in the blood.



Those affected require insulin therapy, which is injected by pen, syringe or pump. People with Type 1 diabetes have to keep their blood-glucose levels in the target range. To measure levels, they can use a portable glucose meter that usually works by pricking a fingertip to draw a drop of blood. Until a cure is found, this is a lifelong process.

Type 2

This is the most common type of diabetes: Among Canadians with the disease, approximately 90 per cent are affected by Type 2, which occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin it produces. As a result, sugar builds up in the blood instead of being used for energy. Type 2

diabetes usually develops in adulthood, although increasing numbers of children and adolescents are being diagnosed.

People with Type 2 diabetes may be prescribed medications, and may also have to monitor their blood-glucose levels. While a healthy lifestyle is beneficial for everyone, it is especially important for people who are at high risk for diabetes because of inherited factors. Increasing consumption of fruits and vegetables, eating whole grains, limiting portion size and increasing physical activity to maintain a healthy weight may reduce the risk of Type 2 diabetes.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Huevos Rancheros: Brunch in Mexico without leaving home



This recipe serves two. COURTESY PRESIDENT'S CHOICE

Huevos Rancheros is a popular Mexican breakfast or brunch dish consisting of eggs.

Using egg whites instead of whole eggs in traditional egg dishes such as Huevos Rancheros saves you cholesterol, fat and calories. They also cook up fluffier than whole scrambled eggs.

1. In medium nonstick frying pan, melt butter over medium heat; cook onion for 4 to 6 minutes or until softened. In large bowl, whisk egg whites until very frothy; whisk in salt and pepper and add to pan with onions. Cook for 2 to 4 minutes, occasionally lifting eggs and allowing uncooked egg white to flow underneath, or until egg is set on bottom.

2. Meanwhile, in small saucepan cook salsa, tomatoes and beans over medium heat until hot.

3. Sprinkle cheese over eggs

and turn egg whites over, scrambling them slightly. Divide cooked egg whites between two dinner plates. Top with salsa mixture. Sprinkle with coriander. Serve with warmed whole wheat tortillas, if desired.

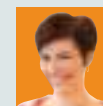
COURTESY PRESIDENT'S CHOICE

Ingredients

- 1 tbsp (15 ml) unsalted butter
- 1/2 cup (125 ml) chopped red onion
- 1 cup (250 ml) PC Blue Menu Egg Whites
- 1/8 tsp (0.5 ml) each salt and freshly ground black pepper
- 2/3 cup (150 ml) PC Avocado and Key Lime Salsa
- 1/2 cup (125 ml) quartered cherry tomatoes
- 1/3 cup (75 ml) rinsed and drained canned black beans
- 1/3 cup (75 ml) light cheddar shredded cheese
- 2 tbsp (25 ml) chopped fresh coriander

Health Solutions

Mr. Sunflower, bring me butter



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Sunflower butter is not made from a nut. It is a seed, which makes it school approved. (Sometimes. You better check!)

Sunflower seeds are mildly anti-inflammatory due to their high mineral and antioxidant content but without sugar, the spread can be a tiny bit more bitter than the more typical peanut butter.

Fear not, here are some ways to enjoy it:

- Spread with honey and banana to provide a balanced snack.

- Dip dried fruit into a table-

spoonful.

- Use in place of peanut butter in cookie recipes. You will not notice the difference.

- Add to smoothies to bump up protein and good fats.

- Use in place of tahini for making hummus.

Each time you add a different food, you are adding different nutrients, and your body needs a wide range of every kind.

Go beyond wheat crackers and try quinoa or brown rice crackers to balance out the amino acids. Pairing a nut or seed with a whole grain makes a complete protein. Be brave!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE

IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Brunch. Starry Morning Raisin French Toast



1. Whisk eggs, milk, vanilla, cinnamon and salt in a shallow dish.

2. Spread jam over 6 slices of Sun-Maid Raisin Cinnamon Swirl Bread and top remaining slices to make sandwiches.

3. Cut each sandwich into a festive shape with a large cookie cutter. Reserve remaining bread for another use.

4. Dip each shape into the egg mixture on both sides.

5. Cook 3 minutes per side in a buttered non-stick skillet over media low heat or until golden.

6. Dust with icing sugar and serve with warm maple syrup, if desired. **COURTESY SUN-MAID**

Ingredients

- 3 eggs
- 2/3 cup (150 ml) milk
- 1 tbsp (15 ml) vanilla
- 1/2 tsp (2 ml) cinnamon
- Pinch salt
- 1/3 cup (75 ml) of your favourite jam
- 12 slices Sun-Maid Raisin Cinnamon Swirl Bread
- Butter, for cooking
- Icing sugar, for dusting
- Maple syrup, for topping

Cauliflower-Bell Pepper Quiche cuts down calories

You might be ready to take it easy before the rush of holiday calories. If so, this brunch or dinner dish is for you.

The simple, low-carb, high-flavour "quiche" calls for no grains, no gluten and no heavy lifting.

The whole thing is cooked in a single skillet and requires only a few minutes of hands-on time. The "crust" is made from caramelized cauliflower florets, but actually any number of other vegetables could be substituted.

This quiche also can be seasoned however you like.

Ingredients

- 5 cups small cauliflower florets (about 1 head)
- 1 large red bell pepper, cored and chopped
- Salt and ground black pepper
- 8 egg whites (or 1 1/2 cups pasteurized egg whites)
- 1 tbsp chopped fresh thyme
- 2 cloves garlic, minced
- 1/3 cup fat-free crumbled feta cheese



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Curry powder would be great, as would smoked paprika and cumin. And if you like it spicy, add some chopped jalapenos to the mix.

1. Heat a large skillet over medium heat. Coat the pan with cooking spray, then add the cauliflower florets and bell pepper, arranging them in an even layer. Season with salt and

pepper. Cook, without stirring, for 3 minutes.

2. Stir to turn the florets, then let them cook another 3 minutes without moving them. Once the florets are evenly browned, cover the pan and cook another 3 to 4 minutes.

3. In a bowl, mix together the egg whites, thyme and garlic.

Pour evenly over the vegetables, then reduce heat to medium-low, cover the pan and cook for 3 minutes.

4. Sprinkle the feta over the quiche, then cover again and cook for another 3 to 4 minutes, or until the eggs are completely cooked. Season with salt and pepper.

THE ASSOCIATED PRESS

What's growing in your veggie drawer?

A big pile of potential monthly savings

Home economics. Get to know the inside of your refrigerator, and you'll find it's easier to use up leftover food



YOUR MONEY
Alison Griffiths
money@metronews.ca

My oldest daughter, Claudia, who just gave birth to grandson number two, has been coping with all the usual challenges — spit ups, endless laundry and sleepless nights. However, as she burps, rocks, changes and does it all again, a happy fact has emerged. She is saving money.

A drop in income during maternity leave usually places tremendous financial pressure on young families. However, my daughter triumphantly reported that her family of four is in better financial shape than ever before. And it's largely because of the refrigerator.

During those sleepless pat

pat, jig jig, feed, change and rock-for-hours nights, she started organizing the fridge. There she discovered a cornucopia of meals. Veggies, fruit, leftovers and bits of this and that stored in the fridge or freezer started her thinking about using it all up before the green fuzzies or freezer burn attacked.

What started out as something to kill time when she couldn't sleep turned into a habit of fridge and freezer cruising. Once she got the hang of coming up with meals based on items she had on hand, the habit quickly became ingrained. As a result, she finds it far easier to put together dinner, no matter how tired she is, and she's discovered all kinds of new ways to use a cup of rice or a few slices of ham. In fact, in the nearly two months since baby George arrived they haven't resorted to takeout once. Even better, neither she nor her husband feels deprived. Far from it. They feel empowered, as in, "I am in control of my fridge!"

Perhaps best of all, waste has been reduced to almost nothing, which in turn has

Looking for leftovers

What started out as something to kill time when she couldn't sleep turned into a habit of fridge and freezer cruising.

taken a nice bite out of the grocery expenditures. Claudia figures she is saving around \$200 a month. An Internet search turns up hundreds of excellent leftover ideas. One of the best resources is bigoven.com/recipes/leftover. Choose up to three ingredients or flavours and a host of recipes appear. I picked bell pepper, brown rice and black beans, which resulted in some terrific ideas to use up three items in my fridge. Most of us have a group of ingredients that regularly end up as leftovers, eventually to be thrown out. With an arsenal of recipes that use those ingredients, it will become fairly easy to whip up an eco-friendly, money-saving meal. Eat and save money! Thanks Claudia.



When you spend time going through your refrigerator and freezer, you're more likely to actually use up the food you've bought before it goes bad. ISTOCK

Different types

OMG: The truth about boredom

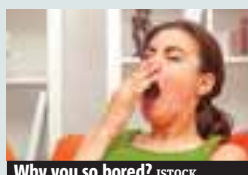
When dozing off in a classroom or office, you may think it's your fault but you would be wrong. There are clear categories of boredom triggered by your environment, says German pioneering researcher Dr. Thomas Goetz.

Indifferent boredom: A relaxing, possibly positive type — "a general indifference to, and withdrawal from, the external world"

Calibrating boredom: Wandering thoughts — "general openness to changing the situation"

Apathetic boredom: Impossible to break from this mode — "dangerous, similar to depression"

KIERON MONKS/METRO



Why you so bored? ISTOCK

Managing meltdowns: Tips on tackling your kids' Xmas tantrums

Match expectations. If you mean business with them at home, don't change a thing when you all go to the mall together

With the arrival of the holiday season comes the inevitable spike in shopping excursions and social gatherings — and with them, potential opportunities for children to act out.

Navigating through crowded aisles and packed parking lots can be stressful enough. But contending with a youngster having a meltdown in the mall is enough to fray the nerves of even the most mild-mannered parent.

"Tantrums are about power struggles and attention," said Natalia McPhedran, an Ottawa-based children's

coach and author of *Life With Kids — Empowering Our Children To Be Ready For The Real World*, due out in December. "If we use techniques at home that avoid the power struggles, I think that you're halfway there by the time you get to the mall because they know: 'OK, Mom means business.'"

McPhedran — a mother of two — outlines expectations prior to a shopping trip. That includes specifying the purpose of the visit to ensure youngsters don't get sidetracked.

"For example: 'Today, we're just going to get

this and this and this. Don't even ask me for chocolates, don't ask me for candy, don't ask me for toys. You can look, but you can't touch, because today we're not buying that,'" said McPhedran. "If you're consistent with following through with other things at home, they know that you mean business when you say something."

"You've already given them that pre-set expectation at home. When they get to the mall, they know that you're also going to follow through there." Once kids know the expectations, McPhedran said it's still good to have rules making kids aware of what

Even if they freak out, you should remain calm at all times. ISTOCK



they can do.

"Once you get there, let's say: 'Let's go in the toy aisle and let's go and look at all the cool stuff they have. Tell me what you like and we'll see what Santa can do,'" she said. "I remember we used to walk through the toy section of Zellers when I was little and we never walked out with stuff every time we went."

In the event a tearful tantrum still ensues, McPhedran said the source of unhappiness is usually due to one of three things: hunger, fatigue or a desire to be heard. Rather than reacting in anger to the outburst, she suggested an alternative approach.

"You have to keep your calm as well. Because if you freak out also, then that just gives them even more attention and more people look," said McPhedran, mother to an 11-year-old daughter and nine-year-old son. "Come down to their level, calmly

say: 'We are not having this right now.'"

McPhedran said adults should recognize their child's feelings, such as those of anger at parents for not purchasing a particular item. But they should then remind kids of initial pre-warning that buying goods for them wasn't a part of the day's agenda.

Similarly, when it comes to attending a party or family gathering, establishing and articulating ground rules beforehand is pivotal.

"If they know what to expect and they know what you expect of them, then the behaviour should just follow," said McPhedran.

"Before I leave the house, I would say: 'Listen, make your aunts and uncles proud. Show them that you know how to behave when you go to (an event) like this. And make yourself proud and feel good about yourself.'"

THE CANADIAN PRESS

Semyon Varlamov

Avs goalie remains free on bond

Colorado goalie Semyon Varlamov can remain free on bond while facing a domestic violence charge involving his girlfriend, a judge said Monday. The judge advised him to face a misdemeanor charge of third-degree assault. **THE ASSOCIATED PRESS**

NHL

Galchenyuk gets game-winner as Habs top Devils

Alex Galchenyuk scored midway through the third period to lead the Montreal Canadiens to a 3-2 victory over the New Jersey Devils on Monday night.

Rene Bourque and Max Pacioretty also scored for the Canadiens (16-9-3). Carey Price made 27 saves for the win.

THE CANADIAN PRESS

MLB

Catcher Navarro joining Blue Jays

Catcher Dioner Navarro signed a two-year contract with the Toronto Blue Jays on Monday.

He will earn \$3 million US in 2014 and \$5 million in 2015.

The 29-year-old hit .300 with a career-high 13 home runs in 89 games for the Chicago Cubs last season. He also had 34 RBIs.

Navarro, who has struggled with injuries throughout his career, has a .251 average, 54 home runs and 243 RBIs in 10 MLB seasons.

THE CANADIAN PRESS

Stoughton under the gun after rough start

Roar of the Rings.

Winnipeg skip will have to run table after dropping opening two matches at MTS Centre

Jeff Stoughton made a great shot to tie their game but it wasn't enough as Kevin Martin improved to 2-0 at the Olympic curling trials and put Stoughton in a must-win situation from now on.

"Wasn't that something ... you're just never safe," Martin said of Stoughton's shot, minutes after the Edmonton skip's single in the 10th made it 6-5.

"We had to make it a tough double and of course he made an incredible double and made it a close game."

Brad Jacobs and John Morris also stayed undefeated. Morris, Martin's former third, is curling with B.C.'s Jim Cotter and he beat Calgary's Kevin Koe 6-4 and Jacobs, out of Sault Ste Marie, Ont., downed Winnipeg's Mike McEwan 7-5.

Glenn Howard, out of Coldwater, also beat fellow Ontario skip John Epping of Toronto 9-5, which left both at 1-1.

The crowd at the MTS Centre had lots to cheer about as Stoughton made a difficult double off one of Martin's stones to score three in the ninth.

Holding onto hope

"There's five games left.... We're not out of this by any means."

Winnipeg skip Jeff Stoughton, who fell to 0-2 at the Roar of the Rings on Monday.

Jones falls to Sweeting

Winnipeg's Jennifer Jones lost her first match of the Olympic trials on Monday, falling 9-6 to Val Sweeting of Vegreville, Alta., in the evening draw.

- Jones won 9-7 over Sherry Middaugh in the morning draw and has a 2-1 record heading into Tuesday's competition.
- Sweeting's underdog rink improved to 3-0 at the tournament.

He missed another, perhaps even more difficult, multiple takeout in the sixth that could have given him four but he had to settle for one.

Stoughton knows he has no more room for error, with a record of 5-2 likely a must to make the playoffs.

"It's not where we wanted to be after two games," he said. "We've played worse and won."

He has already said this will be the last time he tries to win a spot on the Olympic team.

Martin agreed that losing more than two looks like elimination.

"Five and two is safe, four and three I don't think ever has been." **THE CANADIAN PRESS**



Edmonton skip Kevin Martin looks for the line in front of his Winnipeg counterpart Jeff Stoughton during the afternoon draw on Monday at MTS Centre. **JOHN WOODS/THE CANADIAN PRESS**

Jokinen helps Jets cool Rangers' hot rookie



Olli Jokinen celebrates his second goal in the Jets' 5-2 win over the Rangers on Monday night in New York. **BRUCE BENNETT/GETTY IMAGES**

Olli Jokinen's third-period outburst for the Winnipeg Jets put any talk of a New York Rangers goalie controversy to rest.

Not that there was much of one to begin with.

Jokinen scored the go-ahead and insurance goals against rookie Cam Talbot and pushed the Jets to a 5-2 victory over New York on Monday night.

John Albert also scored in his debut for Winnipeg, which got 35 saves from Ondrej Pavelec in the fourth-game of a season-high, six-game road trip (3-1).

"This was a really great win,"

On Monday

5

Jets

2

Rangers

Jokinen said. "We played another solid road game. I'm very glad to get the two goals and see Albert get his first goal on his first shot."

By the time Blake Wheeler

put a puck into an empty net in the final minute, New York's Talbot was on the bench mulling his second NHL loss.

"I thought I felt all right, still not where I wanted to be," said Talbot, who made 25 saves in his second straight start over Henrik Lundqvist. "I can't expect the guys to go and score five goals for me every night."

Up until this one, three was plenty for Talbot to win. He hadn't allowed more than two goals in his first seven starts — a Rangers record.

THE ASSOCIATED PRESS

4 SPORTS

Small roster a 'huge advantage': Sutter

World junior tournament. Team Canada's coach happy to have just 25 players listed for selection camp

The biggest challenge in coaching any national hockey team, says Brent Sutter, is forming an identity quickly.

"What you're about as a team, how you're going to play, the accountability has to fall into it right off the bat," Sutter said.

So for Sutter, the fact that Hockey Canada has named its smallest roster ever — just 25 players — to its national junior selection camp is a "huge advantage." It allows him to coach and instill that identity from the get-go, he said, rather than spend time evaluating players.



Minnesota defenceman Mathew Dumba was the lone NHLer named to Hockey Canada's selection camp Monday. BRUCE BENNETT/GETTY IMAGES

"You can run proper practices, you can just get things implemented and get going more with your team," said Sutter, head coach of Canada's world junior team.

"It's a change, it's certainly different than in the past

where it's been mid-30s or over, the amount of players that have been invited. But you know what? It's good. It wouldn't have been done this way if there wasn't a real clear direction of path."

Minnesota Wild defence-

man Mathew Dumba was the lone NHL player named Monday to a roster that Sutter called a "moving target." He's holding out hope that more NHL teams will release players before the deadline, such as Calgary Flames centre Sean Monahan, who's out with a fractured left foot. Countries must submit their rosters on Christmas Day, 12 hours before the tournament in Malmö, Sweden, begins.

Two goaltenders — Zachary Fucile and Jake Paterson — plus eight defencemen and 15 forwards have been invited to the selection camp opening Dec. 12 in Toronto.

This national junior team shoulders perhaps more pressure than any team before, since last year marked the first time in 15 years the Canadians didn't bring home a medal. Canada hasn't won world junior gold since 2009.

THE CANADIAN PRESS



Pelicans prevail in 3-OT

Bulls forward Loul Deng drives between New Orleans Pelicans Eric Gordon and Ryan Anderson on Monday night at the United Center in Chicago. Deng scored 37, but Anderson's 36 points — with seven three pointers — led the Pelicans to a 131-128 win in triple overtime. JONATHAN DANIEL/GETTY IMAGES

NFL

Police: No signs of trauma in death at Chiefs game

It could take four to six weeks before authorities can determine how a man died after an altercation in the parking lot of Arrowhead Stadium during Kansas City's game against Denver, police said Monday.

The man was identified as Kyle A. Vanwinkle, 30, of Smithville. An examination of Vanwinkle's body did not show obvious signs of trauma, Kansas City police spokesman Darin Snapp wrote in a statement.

Snapp said a man who owned a Jeep and his son returned to the vehicle during Sunday's game and found a man "who did not belong" inside, which led to a fight between the owner and Vanwinkle. Police responded to a disturbance and found Vanwinkle on the ground unconscious. Three people were taken into custody Sunday, but all were released Monday with no charges filed.

Snapp said investigators are awaiting autopsy and toxicology reports before deciding whether Vanwinkle's death was the result of a crime. THE ASSOCIATED PRESS

NFL. Patriots showing 2nd half is their launch pad

It takes the New England Patriots a while to get their offence going.

Then the second half starts and Tom Brady's attack is very tough to stop.

The Patriots (9-3) have outscored their last two opponents 61-21 after intermission despite trailing by double digits at halftime. In both games, they scored on each of their first five possessions of the second half. The final scores were identical: 34-31 over the Denver Broncos, one of the NFL's best teams, and the Houston Texans, right now the worst.

"As the game went on, we were able to see how Houston was going to match up to our different personnel groups," New England coach Bill Belichick said Monday. "Let's say, defensively, when you're facing a team that uses a lot of personnel groups, it's hard to have a lot of things ready for a lot of different groups."

The Texans (2-10) hadn't seen many two-back alignments in watching video of Patriots games. So they might not have prepared for seldom-used James Develin, who powered his way to a one-yard touchdown on the first series of the second half as offensive co-ordinator Josh McDaniels used a



Quarterback Tom Brady helped the Patriots snap a three-game road losing streak on Sunday in Denver. GETTY IMAGES

fullback more often Sunday.

"Josh did a good job of mixing the groups," Belichick said. "It's just hard (for a defence) to have a game plan where you have eight or nine different calls against seven, eight groups. You just run out of time to practice it and time to work on it."

The Patriots trailed 17-7, the fourth time in their past five games they were behind at halftime. But seven minutes into the third quarter they led 21-17.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Montreal	28	16	9	3	76	59	35
Detroit	28	14	7	7	78	73	35
Tampa Bay	26	16	9	1	76	66	33
Toronto	27	14	10	3	75	73	31
Ottawa	27	10	13	4	78	90	24
Florida	27	7	15	5	59	91	19
Buffalo	28	6	20	2	48	85	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	28	18	9	1	86	64	37
Washington	27	14	11	2	82	78	30
NY Rangers	28	14	10	0	62	71	28
New Jersey	28	11	12	5	61	67	27
Philadelphia	26	12	12	2	57	63	26
Carolina	27	10	12	5	57	78	25
Columbus	27	10	14	3	67	80	23
NY Islanders	27	8	15	4	72	93	20

Monday's results

Winnipeg 5 NY Rangers 2
Montreal 3 New Jersey 2
Philadelphia at Minnesota
St. Louis at Los Angeles

Sunday's results

Vancouver 3 Carolina 2
Detroit 4 Ottawa 2
Edmonton 3 Dallas 2 (SO)

Tuesday's games

All Times Eastern

San Jose at Toronto, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Dallas at Chicago, 8 p.m.
Phoenix at Edmonton, 9:30 p.m.
Los Angeles at Anaheim, 10 p.m.

Wednesday's games

Montreal at New Jersey, 7 p.m.
Philadelphia at Detroit, 8 p.m.
Phoenix at Calgary, 10 p.m.

Thursday's games

Dallas at Toronto, 7 p.m.
San Jose at Pittsburgh, 7 p.m.
NY Rangers at Buffalo, 7 p.m.
Winnipeg at Florida, 7:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	25	18	4	3	89	57	39
Colorado	25	19	6	0	76	52	38
Minnesota	28	15	8	5	68	67	35
Winnipeg	29	13	12	4	78	82	30
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	26	18	3	5	92	60	41
Anaheim	29	18	7	4	91	77	40
Los Angeles	27	16	7	4	70	58	36
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20

Note: Two points for a win, one point for overtime loss.

Boston at Montreal, 7:30 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Carolina at Nashville, 8 p.m.
NY Islanders at St. Louis, 8 p.m.
Chicago at Minnesota, 8 p.m.
Colorado at Edmonton, 9:30 p.m.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	13	23	36
Malik, Pgh	7	28	35
Steen, STL	20	11	31
Getzlaf, Ana	13	18	31
Kane, Chi	16	14	30
Tavares, NYI	11	19	30
Zetterberg, Det	11	19	30
Ovechkin, Wash	21	8	29
Perry, Ana	15	14	29
Thornton, SJ	4	25	29
H. Sedin, Van	7	21	28
Kunitz, Pgh	14	13	27
Couture, SJ	9	18	27
Karlsson, Ott	7	20	27

Not including last night's games

MLS PLAYOFFS

MLS CUP

Saturday's game — All Times Eastern
Kansas City vs. Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	16	1	.941	—
d-Miami	14	3	.824	2
Atlanta	9	9	.500	7 ^{1/2}
d-Toronto	6	10	.375	9 ^{1/2}
Washington	9	9	.500	7 ^{1/2}
Chicago	7	8	.467	8
Charlotte	8	10	.444	8 ^{1/2}
Detroit	7	10	.412	9
Boston	7	12	.368	10
Orlando	6	11	.353	10
Philadelphia	6	12	.333	10 ^{1/2}
Cleveland	5	12	.294	11
Brooklyn	5	12	.294	11
New York	3	13	.188	12 ^{1/2}
Milwaukee	3	13	.188	12 ^{1/2}

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	14	3	.824	—
d-San Antonio	14	3	.824	—
Oklahoma City	12	3	.800	1
d-L.A. Clippers	12	6	.667	2 ^{1/2}
Houston	13	5	.722	1 ^{1/2}
Denver	10	6	.625	3 ^{1/2}
Dallas	10	8	.556	4 ^{1/2}
Golden State	10	8	.556	4 ^{1/2}
Phoenix	9	8	.529	5
New Orleans	8	8	.500	5 ^{1/2}
Memphis	8	8	.500	5 ^{1/2}
L.A. Lakers	9	9	.500	5 ^{1/2}
Minnesota	9	10	.474	6
Sacramento	4	11	.267	9
Utah	3	15	.167	11 ^{1/2}

d-division leader

Monday's results

Washington 98 Orlando 80

New Orleans at Chicago

Atlanta at San Antonio

Houston at Utah

Indiana at Portland

Tuesday's games

Orlando at Philadelphia, 7 p.m.

Denver at Brooklyn, 7:30 p.m.

Milwaukee at Boston, 7:30 p.m.

Detroit at Miami, 7:30 p.m.

Phoenix at Memphis, 8 p.m.

Charlotte at Dallas, 8:30 p.m.

Oklahoma City at Sacramento, 10 p.m.

Toronto at Golden State, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

As the new moon falls in one of the more adventurous areas of your chart, you will take the kind of risk you might usually steer clear of. No doubt it will surprise a few people when it says off handsomely.

Taurus

April 21 - May 21

In all things there is a natural ebb and flow. If you are on the down side of the curve at the moment, you are sure to be on the up again by week's end.

Gemini

May 22 - June 21

Optimism is generally a good thing but too much can be dangerous. The planets warn you must make an effort to see things as they are today, not as how you dream they might be. That applies especially to partnership matters.

Cancer

June 22 - July 23

If you change your mind about something today, you will most likely have to change it back again later in the week. Stick with the decision you recently made and see it through to the end. What happened to that resolute Cancer nature?

Leo

July 24 - Aug. 23

Yours is one of the most favoured signs at the moment and today's new moon in your fellow Fire sign of Sagittarius urges you to cash in on your creative ideas.

Virgo

Aug. 24 - Sept. 23

There are times when you let the mask of self-control slip and let your emotions get the better of you and that will most likely happen today. If it does, it may be to your benefit.

Libra

Sept. 24 - Oct. 23

Your energy may be high at the moment but don't burn yourself out. Social invitations will make a point of getting it. That could be fun but could also lead to situations that do you no favours. Don't let your desires get out of hand.

Scorpio

Oct. 24 - Nov. 22

The more you are told you can't have something, the more you will make a point of getting it. That could be fun but could also lead to situations that do you no favours. Don't let your desires get out of hand.

Sagittarius

Nov. 23 - Dec. 21

As the new moon takes place in your birth sign, it is essential that you choose one aim and stick with it. This can be one of the most successful times of the year but don't scatter your energies in a dozen directions.

Capricorn

Dec. 22 - Jan. 20

There is no point trying to hide your feelings because others can see how you are hurting. What they don't understand though is why you are hurting. If you need help, you really must be honest with them.

Aquarius

Jan. 21 - Feb. 19

The planets warn you need to watch what you say over the next 24 hours. Not everyone appreciates your directness and honesty, especially when it hurts them personally.

Pisces

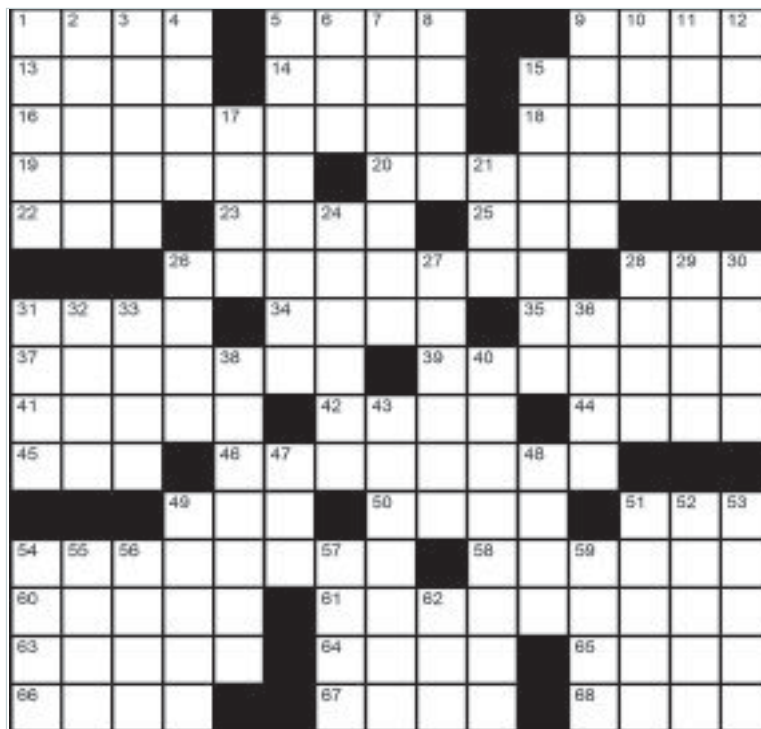
Feb. 20 - March 20

You may be dreading upheavals on the work front but the planets suggest you have little to worry about. There will be some adjustments to make, but over time you will benefit. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Punt
- '90s Halifax band
- Britney Spears' new album: 'Britney ___'
- ___ even keel: 2 wds.
- Stratford-___Avon
- Ms. Berry
- Potter's penner
- "Golly!"
- Anna Karenina's love in Leo Tolstoy's classic book
- Shoppers ___
- Tonality
- ___ Admiral
- Gambler's cube
- "Hmm...": 3 wds.
- Fred ___ (Lyricist of Broadway musical Cabaret)
- Swedish store
- John who co-hosted "Entertainment Tonight"
- "Like that'll happen!"
- Fraser = ___
- Actress Ferrera
- CTV journalist
- Ms. Len
- ___ help you?" (Store's query)
- Kinds
- Fathers of Jr.s
- College in Ontario; or, actress Niccollette
- Three non-consonants
- Singer/songwriter Aimee
- Grand ___ (Wine



designation)

- Egypt: Kingly discovery back in '22: 2 wds.
- Scratcher's reasons
- Popeye's enemy
- Traditional dwelling of the Iroquois
- Tree type

64. Nine ___ Nails

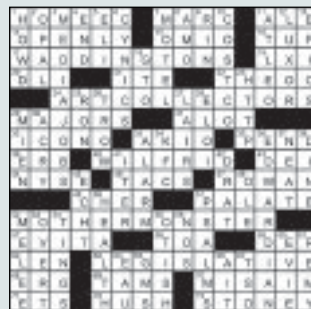
- Mix
- Mailing enclosures, e.g.
- Green, in Gaspe
- Xs
- Down
- '70s detective series
- Linen tape for trimmings

- Comedian Drew
- Fort __, Kentucky
- 'Our Pet': St. Vital, MB-born singer, Member of the Order of Canada as well as Canada's Walk of Fame
- Prefix to 'culture' (Beekeeping)

- England's capital, in France
- Civil or Electrical, e.g.
- Actress Ms. Pressly
- ___ Ostrovsky ("Hot in Cleveland" character)
- Yankee or Oriole, e.g.

- Tree dwelling
- Cleanliness
- Was alternative
- 'Quiet' add-on
- Punish with an arbitrary fine
- Secular
- Ms. Twain
- Santana song: "___ Ways"
- British guitarist Jeff
- Cape Breton inland sea, ___d'Or Lake
- Some PCs
- Vehicle in "If I Had \$1,000,000"
- Makes mistakes
- Ireland, in verse
- Guest
- One Direction's latest album: '___ Memories'
- Ulna: 2 wds.
- Boo-___
- Literary collection [abbr.]
- "Melrose Place" star Rob
- Plane-jumper's need
- Amber, for example
- Device operators, for example
- Time as yet unknown acronym [pl.]
- Role in "The Producers" (2005)
- Sassiness, in slang
- 1054 in ancient Rome
- Price
- ATM maker

Yesterday's Crossword

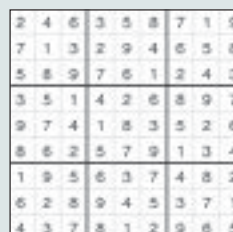


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -10°
MIN: -15°



MAX: -13°
MIN: -16°



MAX: -13°
MIN: -16°



JENNA KHAN WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



visit metronews.ca





City Jewellers



25% OFF STORE-WIDE

3 LOCATIONS IN WINNIPEG TO SERVE YOU

*Some Exceptions Apply, See Store for Details

HOLIDAY SALE

WATCHES:

SEIKO



BULOVA

BOSS
HUGO BOSS

MOVADO
BOLD

VERSACE
WATCHES



CLOCKS:

HOWARD
MILLER

BULOVA
SEIKO

LORUS

Hermle

Tempo
TIME



DIAMOND JEWELLERY:



WE REPAIR

- **Watches**
- **Clocks**
- **Diamond Jewellery**
- **And More**



3 LOCATIONS

- **Portage Place Mall**
204-957-5994
- **Garden City Mall**
204-772-7070
- **St. Vital Centre**
204-505-5500

Visit us online at: www.cityjewellers.ca